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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Monday, August 18, 2025

Trinity of Bodies

Describe differences between Physical body of personality, Crystalline body of Soul and Light body of Oversoul/Spirit/Monad

ChatGPT said:

The Physical Body, Crystalline Body, and Light Body represent different layers or vehicles of consciousness associated with the human being in esoteric and metaphysical traditions. These correspond to varying levels of density, consciousness, and spiritual evolution, often aligned with the personality, soul, and oversoul/monad/spirit, respectively.

Here's a breakdown of their key differences:

1. Physical Body (of Personality)

Nature:

Dense, biological, carbon-based body.

Operates in the 3D physical plane.

Governed by genetics, biology, and environmental conditioning.

Function:

Vehicle for experience in the physical world.

Hosts the ego, rational mind, and personality traits.

Rooted in duality, survival, identity, and linear time.

Consciousness Level:

Third-dimensional awareness (ego-based, dualistic).

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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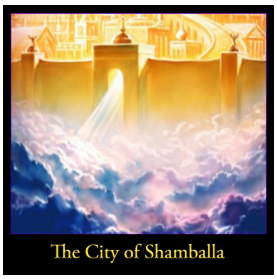

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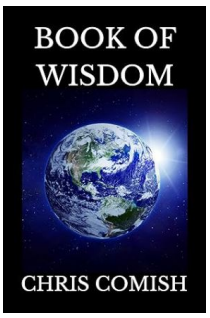

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Associated with personal identity, emotions, and mental patterns.

Limitations:

Subject to aging, decay, pain, and mortality.

Influenced by collective human programming and trauma.

2. Crystalline Body (of Soul)

Nature:

Subtle, higher-dimensional energy body; often described as silica-based rather than carbon-based.

Acts as an intermediary between the physical and light body.

Begins forming through spiritual awakening and soul embodiment.

Function:

Vehicle for soul consciousness and multidimensional perception.

Holds soul-level codes, memory, and purpose.

Supports ascension by rewiring the DNA and energy systems (e.g., merkaba, chakras).

Consciousness Level:

Fifth-dimensional and above (unity consciousness).

Integrates love, wisdom, and soul guidance.

Access to Akashic records and soul contracts.

Development:

Activated through inner work, heart coherence, and vibrational alignment.

Reflects increasing transparency and alignment with divine will.

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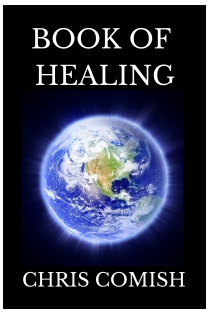

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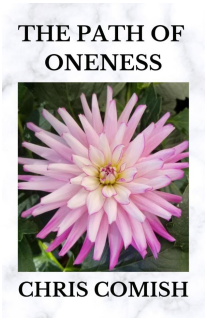

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3. Light Body (of Oversoul / Spirit / Monad)

Nature:

Pure light or photonic structure; extremely refined and high-frequency.

Beyond form — the eternal, divine blueprint of the Self.

Sometimes called the Rainbow Body, Diamond Body, or Adam Kadmon template.

Function:

Vehicle for God-consciousness, Source awareness, and universal oneness.

Operates across all dimensions simultaneously.

Embodies the Monad (or I AM Presence) — the eternal, undifferentiated self.

Consciousness Level:

Sixth dimension and above (non-dual, cosmic awareness).

Full sovereignty, omnipresence, and creative intelligence.

Knows itself as Source/God.

Activation:

Rare and occurs through full integration of soul and spirit.

Seen in avatars, ascended masters, and fully enlightened beings.

Transcends time, space, and death.

Summary Table

Aspect Physical Body (Personality) Crystalline Body (Soul) Light Body (Oversoul/Monad)

Composition Carbon-based, biological Silica-like, geometric, etheric Photonic, pure light

Dimension 3D (physical) 5D+ (soul plane) 6D+ (spiritual / monadic)

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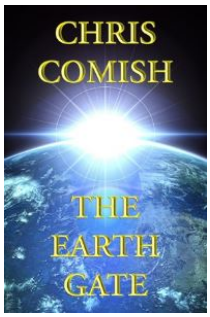

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Identity	Ego, personality, survival self	Soul self, higher self	Divine self, I AM Presence
Consciousness	Dualistic, rational, emotional	Unity, intuitive, heart-centered	Cosmic, non-dual, Source-aligned
Mortality	Perishable	Transitional	Eternal
Function	Earth experience	Soul mission, transformation	Source embodiment, universal service

- August 18, 2025

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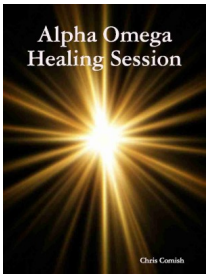

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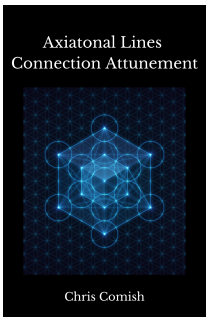

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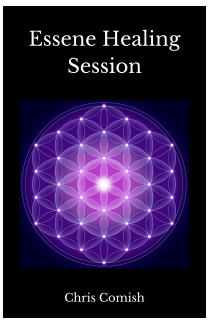

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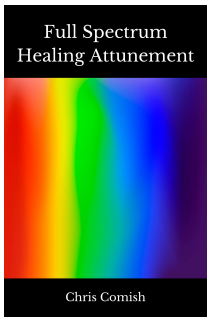

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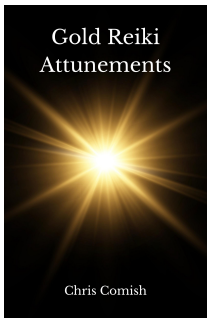

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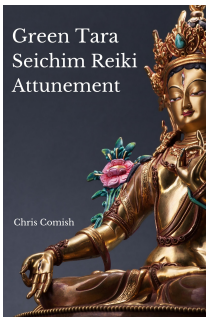

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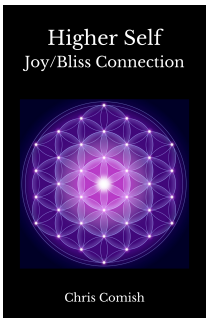

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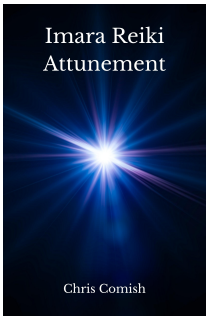

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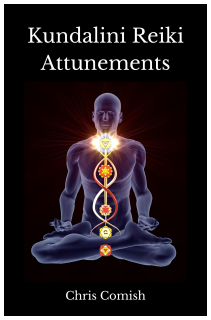

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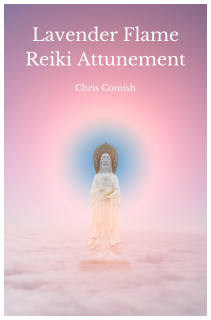

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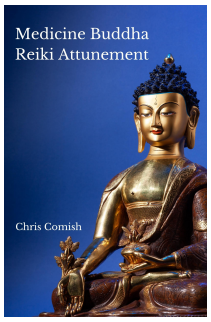

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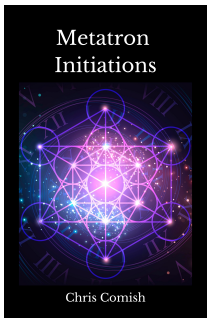

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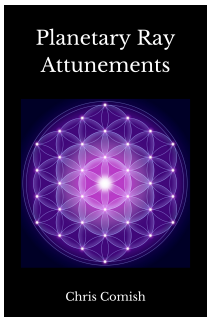

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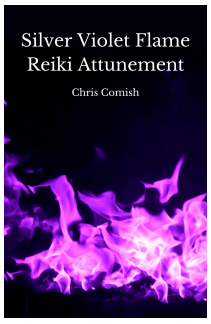

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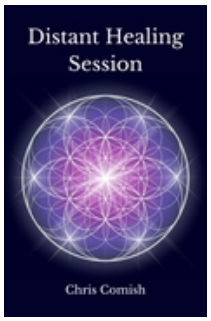

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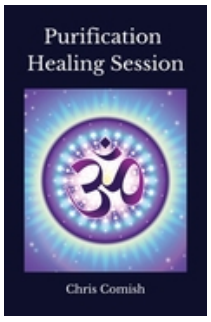

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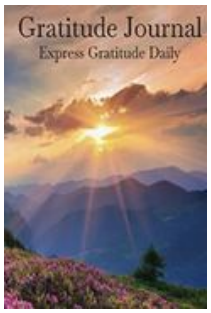

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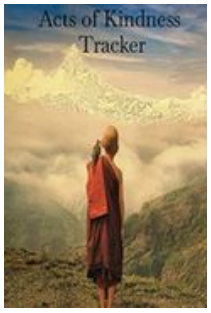

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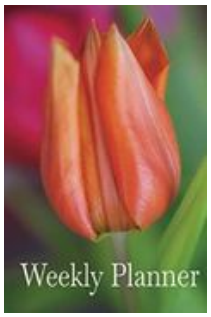

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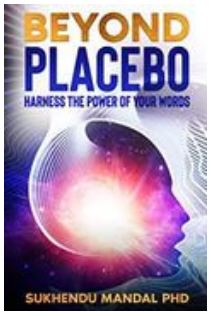

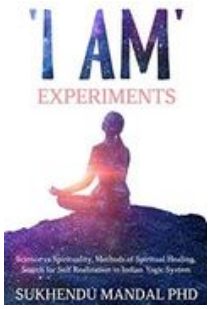

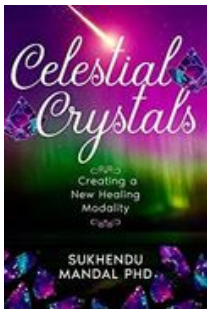

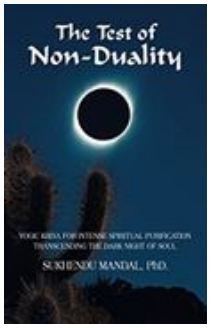

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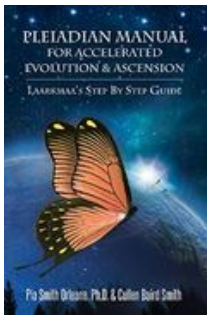

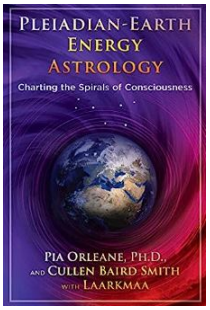
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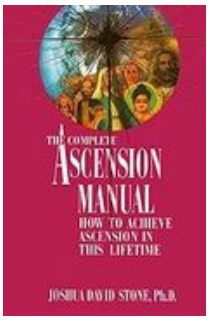
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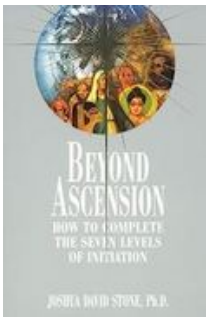
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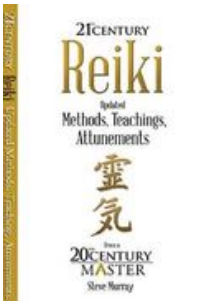
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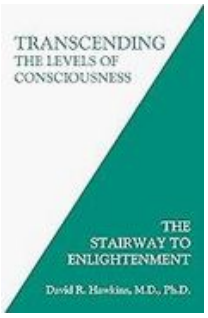
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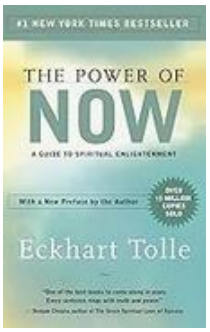
David R. Hawkins, M.D., Ph.D.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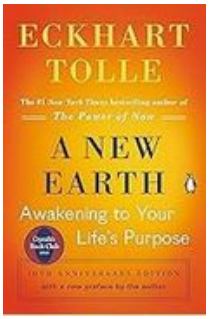
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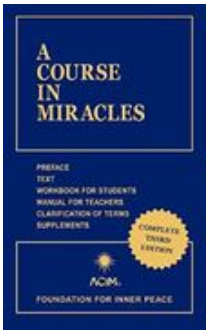
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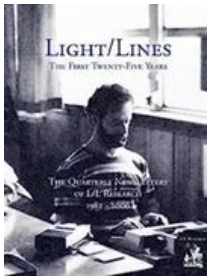
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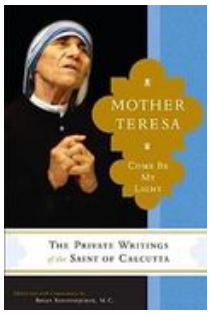
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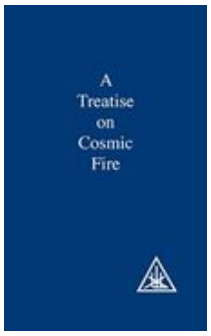
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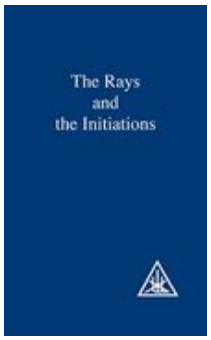
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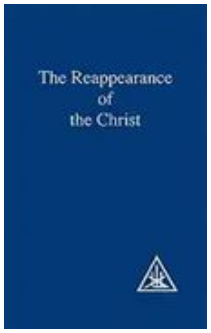
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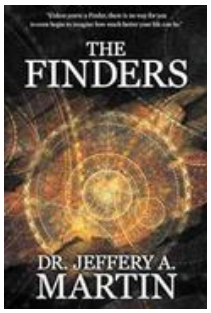
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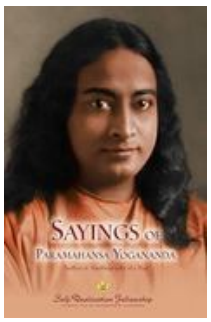
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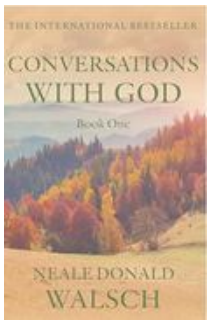
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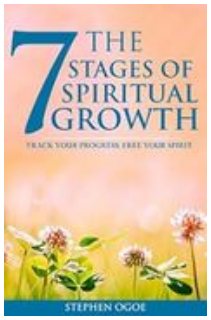
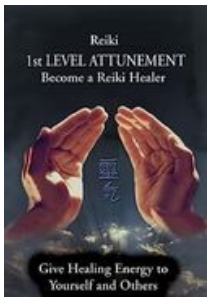
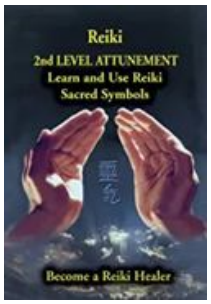
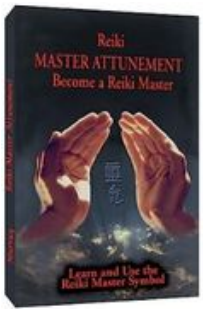
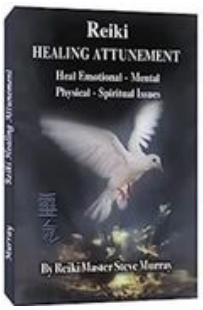


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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